



Care Act 2014 and Wellbeing

It can help to understand more about how the Care Act affects you and how it should help you.

The Care Act is about the person who need care and any unpaid carer who helps them. Under the Care Act a carer is entitled to a **Carer's Assessment** where you appear to have needs. This matches the rights to a **Needs Assessment** of the person being cared for. You will be entitled to support if you meet the national eligibility criteria.

Your wellbeing is part of your needs. Here is a summary from the Act about wellbeing.

The Care Act identifies the following elements of well-being relevant to understanding the needs of carers

- The carer's physical or mental health
- maintaining a habitable home environment in the carer's home (whether or not this is also the home of the adult needing care)
- managing and maintaining nutrition
- developing and maintaining family or other personal relationships
- engaging in work, training, education or volunteering
- making use of necessary facilities or services in the local community, including recreational facilities or services
- engaging in recreational activities
- carrying out any caring responsibilities the carer has for a child
- providing care to other persons for whom the carer provides care.

How does the Care Act define 'wellbeing'

- personal dignity (including treatment of the individual with respect)
- physical and mental health and emotional wellbeing
- protection from abuse and neglect
- control by the individual over day-to-day life (including over care and support provided and the way it is provided)
- participation in work, education, training or recreation
- social and economic wellbeing
- domestic, family and personal relationships
- suitability of living accommodation
- the individual's contribution to society.

Find out more about the Care Act [here](#)

Find out more about the assessment of carer's needs [here](#)

Read how government talks about the Care Act [here](#)